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## The Story of Older Americans Month

President John F. Kennedy declared the first and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.” At that time, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs.

Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older adults in their communities. All across the nation, cities and towns celebrate Older Americans Month.

# City of Somerville Council on Aging



167 Holland Street, Somerville, MA 02144 617-625-6600, ext. 2300



## Celebrate Older Americans Month!

Communities across the country use the month of May to recognize the many contributions of older Americans.



No community does a better job than Somerville when it comes to acknowledging all that older adults contribute. We love you and we thank you—not just in May, but every day.

Older adults are a vital part of our society.

Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. The theme of this year’s celebration is “***Get into the Act***,” to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more.

By promoting and engaging in activity, wellness, and inclusivity, more Americans than ever before can “Get into the Act.” While the Somerville Council on Aging provides invaluable programs and services to older adults year-round, Older Americans Month offers an opportunity to emphasize how older adults can access the home- and community-based services they need to live independently in their communities. It is also an occasion to highlight how older adults are engaging with and making a difference in those communities.

Throughout the month, we will be conducting activities and programs with an eye to serving the wide needs and interests of one of our community’s most valuable resources—you! We will continue to strive to provide you with many resources and opportunities to “Get Into the Act.”

Discover Older Americans Month: Visit <http://acl.gov/olderamericansmonth>.

## Message from the Mayor

Hooray for May!

I know that this is a favorite month for many of you because it's Older Americans Month. I believe strongly that elders in our community deserve special recognition---not just during this month, but always. Every year at this time, I'm always reminded about how much our City has to offer older adults, and about how the Council on Aging is working all the time to create and bring new and interesting programming to you.

Last month, for example, I noticed many different outings and special events covering all kinds of interests. I heard great things about the All City Band concert at Cross Street. Live music and smiles all around. I love it whenever our young and old get together.

This Older Americans Month looks packed with great events as well! I hope to see many of you at our celebration at the Winter Hill Yacht Club. You know we always have a great time there! It's so appropriate that the lecture series I've been hearing so much about gets its kickoff during this important month. "Sin to Swing" sounds like a topic lots of people will enjoy, and I'll bet it will bring back some great memories.

As always, it's great to see local cultural trips continuing, and there's some great overnight action as well. I've heard that the COA's trip to Wildwood, N.J. can't be beat.

I hope you all get a chance to enjoy these and other great programs during the month that is all about YOU.

Happy Older Americans Month!



## Contacts & Information

### EXECUTIVE DIRECTOR

Cindy L. Hickey

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Mimi DelGizzi ▪ Nutritionist

Josephine Raczkowski ▪ Office Assistant

Judy Calvey ▪ Holland Street Director

Kim Moss ▪ Ralph and Jenny Director

Wil Hartigan ▪ Social Work Intern

### COUNCIL ON AGING OFFICE

Monday - Friday 8:30 a.m. - 4:30 p.m.

### CROSS STREET CENTER

165 Broadway ▪ 617-625-6600, ext. 2335

Tuesday & Wednesday 9 a.m.-1 p.m.

### HOLLAND STREET CENTER

167 Holland Street ▪ 617-625-6600, ext. 2300

Monday - Friday 9 a.m.-3 p.m.

### RALPH & JENNY CENTER

9 New Washington Street ▪ 617-666-5223

Monday - Thursday 9 a.m.-3 p.m.

## Healthy Living News You Can Use



### Make Your Goals SMART

by Mimi DelGizzi, MS, MPH  
Fit-4-Life Nutritionist

Have you ever set a goal, made a resolution, or created a plan

only to discover that goals are sometimes easier said than done? Often, we make goals for ourselves that are too vague, or too big. Or, we don't plan for some of the obstacles that can get in the way of our achieving our goals. Have you ever heard of a SMART goal? SMART goals are **S**pecific, **M**easurable, **A**chievable, **R**ealistic, and **T**imely.

Making sure your goals are SMART will set you up for goal-making success. So next time you make a goal to drink more water, walk an extra lap, or add more veggies to your dinner plate, keep these tips in mind for making your goal a SMART goal.

**Specific:** Make your goal as specific as possible. Stay away from words like “more” or “less” in your goal as they are too vague. To help make your goal specific, try to answer the 5 W's (Who, What, Where, When, Why). For instance, a goal to “get in shape” is too general but a more specific goal might be, “Walk around the block two times on Monday, Wednesday, and Friday afternoons.”

**Measurable:** Set a deadline or a numerical measurement to your goal. Ask “How many?” or “How much?” Instead of “walk more,” a measurable goal is to “walk three times a week” or “walk two miles every Saturday morning. You can actually keep track of these goals.

**Achievable:** If your heart isn't in it, it will be difficult to stay motivated. Ask yourself: “Why do I want to achieve this goal? Why is it important to me?”

Oftentimes just *thinking* that you can achieve your goal will help you actually be able to do so!

**Realistic:** Make sure your goal is something that you can actually accomplish. For instance, setting a goal to run a marathon when you've never run before is not very realistic, and could result in failure. Start small with your goal and make sure it's one that you might really be able to achieve.

**Timely:** A timeline keeps you more accountable. Give yourself a deadline like “Eat healthy and lose 1 pound a week for the next five weeks” or “Drink three glasses of water every day for the next month.” A deadline for your goal— instead of thinking that “someday” it will happen,—makes you more likely to succeed.

Want more tips like this? Join one of the Fit-4-Life Nutrition classes Wednesdays 9-10am, 10-11am, or 12-1pm. We set new goals every month!

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REASONS  
TO GET TESTED  
FOR COLON CANCER

if you're 50 or older or have a family history of colorectal cancer

1. YOUR KIDS

2. YOUR FRIENDS

3. YOUR EXTENDED FAMILY

4. YOUR FUTURE


5. YOURSELF

To learn about ways to prevent colon cancer,  
visit [cancer.org/fightcoloncancer](http://cancer.org/fightcoloncancer) or call 1-800-227-2345.

## HAPPY OLDER AMERICANS MONTH!



<p><b>4</b></p> <p>8:30 Fit-4-Life Walking and Talking Group (H) 9:30 <b>Monthly Breakfast</b> (H) 10:30 Moonlighters (H) 11:30 Lunch (H) 4:00 Back to Medicare Basics (H)</p>	<p><b>5</b></p> <p>10:00 English Conversation (C) 10:00 Cards (R) 10:00 Knitting Scarves for Soldiers (R) 10:30 <b>Joint meeting</b> for Men's Group and Veterans Group 11:30 Lunch (R), C) 12:00 Computer tutorial with Norbert (by appointment only) (H) 12:45 Bingo (R) <b>Vocal Jazz</b></p>	<p><b>11</b></p> <p>8:30 Fit-4-Life Walking and Talking Group (H) 9:00 Gardening (H) 10:30 Moonlighters (H) 11:30 LGBT Lunch (H) 11:30 Lunch (H) 12:30 Movie (H) 4:30 LGBT Advisory Board (H) <b>Wildwood</b></p>	<p><b>18</b></p>
	<p><b>6</b></p> <p>10:00 Cards (R) 10:00 English Conversation (C) 11:30 Lunch (H, R), C) 12:45 Bingo (R) 1:00 Bowling at Flatbread <b>Ristorante Fiore</b></p>	<p><b>12</b></p> <p>10:00 English Conversation (C) 10:00 Scarves for Soldiers (R) 10:00 Cards (R) 10:30 <b>Low Vision Group</b> 12:00 Lunch (R), C) 12:00 Computer tutorial with Norbert (by appointment only) (H) 12:45 Bingo (R) 6:30 "Just Make Something" (C) <b>Wildwood</b></p>	<p><b>19</b></p>
	<p><b>7</b></p> <p><b>Celebrate Older Americans Month at Winter Hill Yacht Club All Centers Closed</b></p>	<p><b>13</b></p> <p>10:00 English Conversation (C) 10:00 Cards (R) 11:30 Lunch (H, R), C) 12:45 Bingo (R) 1:00 Last Bowling at Flatbread <b>Wildwood</b></p>	<p><b>20</b></p>
	<p><b>8</b></p> <p>11:30 Lunch (H) 12:45 Bingo (H)</p>	<p><b>14</b></p> <p><b>Ralph and Jenny Center Closed Today Lunch and Bingo at Holland Street</b> 10:00 Current Events (H) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Lunch (H) 12:45 Bingo (H) <b>Wildwood</b></p>	<p><b>21</b></p>
<p>10:00 Book Club 11:30 Lunch (H) 12:45 Bingo (H)</p>		<p><b>15</b></p> <p>11:30 Lunch (H) 12:45 Bingo (H)</p>	<p><b>22</b></p>

8:30 Fit-4-Life Walking and Talking Group (H) 9:30 Foundations of Knowledge Lecture: From Sin to Swing: Evolution of Jazz in American 10:30 Moonlighters (H) 11:30 Lunch (H)	10:00 English Conversation (C) 10:00 Scarves for Soldiers (RJ) 10:00 Cards (RJ) 11:30 Lunch (RJ, C) 12:00 Computer tutorial with Norbert (by appointment only) (H) 12:45 Bingo (RJ) 6:00 Caregivers <b>Foxwoods</b>	10:00 Cards (RJ) 10:00 English Conversation (C) 11:30 Lunch (H, RJ, C) 12:45 Bingo (RJ) <b>Bowling Banquet</b>	10:00 Cards (RJ) 10:00 Scarves for Soldiers (RJ) 11:30 Blood Pressure Screening (RJ, H) 10:00 Current Events (H) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Lunch (H, RJ) 12:45 Bingo (RJ, H)	11:30 Lunch (H) 12:45 Bingo (H)
<b>25</b> All Centers Closed Memorial Day Holiday 	10:15 Housing 101 workshop (H) 10:00 English Conversation (C) 10:00 Scarves for Soldiers (RJ) 10:00 Cards (RJ) 11:30 Lunch (RJ, C) 12:00 Computer tutorial with Norbert (by appointment only) (H) 12:45 Bingo (RJ)	10:00 Cards (RJ) 10:00 English Conversation (C) 11:30 Lunch (H, RJ, C) 12:45 Bingo (RJ) <b>Hanscom Air Force Base</b>	10:00 Cards (RJ) 10:00 Knitting Scarves for Soldiers (RJ) 10:00 Current Events (H) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Lunch (H, RJ) 12:45 Bingo (RJ, H)	<b>29</b> Back to Medicare Basics (H) 11:30 Lunch (H) 12:45 Bingo (H)

To sign up for Council on Aging events or classes, Please call (617) 625-6600, ext. 2300. Somerville residents shall receive registration priority on all trips. Non-residents may request to be placed on a waiting list and if openings exist on a trip, non-residents may be able to register. Proof of residency may be required. In all cases, participants are not considered enrolled in a class or event list until deposit payment in full is rendered.

### WEEKLY EXERCISE CLASS SCHEDULE

Monday: \*Fit 4 Life C, 1:00 p.m., (H)

Tuesday: Strengthening, 9:15 a.m., \$3 per class (H); Dalcroze Eurhythmics, 1:00 p.m., \$2/class(H); \*LBT Fit4Life, 6:00 p.m (H)

Wednesdays: \*Fit 4 Life A, 8:45 a.m./B, 9 a.m./ C, noon (H); Zumba 4 All, 5:15 p.m., \$3/class (H)

Thursdays: Strengthening, 9:30 a.m., \$3 per class (RJ) ; Yoga, 9:00 a.m., (H) \*LBT Fit 4 Life, 6:00 p.m. (H)

Fridays: \*Fit 4 Life A, 8:45 a.m./B, 9:55 a.m.

\*All Fit 4 Life classes cost \$10/month and require pre-registration. If you are interested in our Yoga classes, please call Chris

### KEY TO ABBREVIATIONS

H: HOLLAND STREET

C: CROSS STREET CENTER

RJ: RALPH & JENNY CENTER



## News You Can Use from the Social Services Desk

### SCAM ALERT!

The police department advises that they continue to receive calls from residents being called by aggressive and sophisticated con artists claiming to be employees of the Internal Revenue Service (IRS). The scam artist states that you owe the IRS money, and that if you don't send it right away there will be a warrant for your arrest.

Know that the IRS will **never**: 1.) call to demand immediate payment, nor will the agency call about taxes owed without first having mailed a bill; 2.) demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe; 3.) require you to use a specific payment method, such as a pre-paid debit card; 4.) ask for a credit or debit card number over the phone; or 5.) threaten to bring in local police or other law enforcement groups to have you arrested for not paying.

Older adults should always be wary when they receive telephone calls stating an affiliation with a government agency. Typically, contact with government agencies is done in writing and carries an official agency logo, a contact number, and some kind of account or tracking number.

### What You Can Do:

Anyone who receives a suspicious call can contact the Council on Aging or Somerville Police. It's important to figure out how seriously to take these types of calls, to know what type of action to take (if any), and to learn ways to protect against scams and fraud

Also:

- Use the local consumer council. This council works in cooperation with the Attorney General's Office.
- If the calls are health related, the Senior Medical Patrol may be a good source. They also help protect against, detect, and report fraud.



### DON'T FORGET THE DO NOT CALL REGISTRIES.

To register for the **National Do Not Call Registry**, call 1-888-382-1222 (TTY: 1-866-290-4326) from the phone number you want to register,

or register online at [www.donotcall.gov](http://www.donotcall.gov). If you register by phone, you will not receive a confirmation. If you register online, you need a working email address. The "do not call" system will send a response to that address with a link that must be clicked on within 72 hours to complete the registration.

After you register, your phone number will show up on the registry by the next day. **Telemarketers have up to 31 days to get your phone number and remove it from their call lists.**

You can sign up for the **Massachusetts Do Not Call Registry** in any of three ways:

- online at [www.Mass.gov/donotcall](http://www.Mass.gov/donotcall). The website may be accessed 24 hours day, 7 days a week;
- Call toll-free (866) 231-CALL (2255); or
- Print out a [registration form](#) and mail it to:

Massachusetts Do Not Call Program, c/o First Data  
11311 Cornell Park Dr. Suite 300, Cincinnati, OH 45242

When writing, you must include your name, address, and phone number.

**NO ONE FROM THE STATE WILL CALL YOU TO ENROLL YOU IN THE DO NOT CALL REGISTRY.** You have to do it yourself.

## Fitness Classes

**Dalcroze Eurhythmics****Music-Based Fitness Class with Master Teacher Lisa Parker****Research-based exercises done seated or standing.**Tuesdays 1:00 p.m. *Holland Street***Strengthening with Geoff**Tuesday 9:15 - 10:15 a.m. *Holland Street*Thursday 9:30 - 10:30 a.m. *Ralph and Jenny***Fit-4-Life Fitness and Nutrition Program**

- ♦ Open to all 55+ on Wednesday and Friday mornings and afternoons at Holland Street.
- ♦ Open to Somerville's Lesbian, Bisexual, and Transgender women 55 and older on Tuesday and Thursday evenings at Holland Street.

Call Chris at (617) 625-6600, ext. 2315 for more information.

**Bowling at Flatbread**Wednesday 1 p.m.; **last date** is Wednesday, May 13th

\$10 per week includes shoe rental and dues.

**Banquet** scheduled for Wednesday, May 20th**Zumba for All (\$3 per class, \$15 for 6 classes)**Wednesday 5:15-6:15 p.m. *Holland Street***Yoga**Thursday 9 a.m. *Holland Street*

\$20 for five week session.

Call Chris at (617) 525-6600, ext. 2315 for more information.

**Keep Moving: Everyday Exercises for Older Adults**

Sun/Tues 12:30 p.m. and 7:30 p.m.

Thursday 12:30 p.m.

City TV 13 (RCN), 22 (Comcast) Educational Channel 15

## LGBT Happenings



**LGBT Monthly Lunch** – The next monthly luncheon will be Monday, May 11th. at 11:30 a.m.

**LGBT Advisory Group** – Our next Advisory Group meeting will be Monday, May 11th at 4:30 P.M.



*Pictured above (from L to R) Maria Tramontozzi, Joe Beckmann, Julie Katz and Courtney O'Keefe.*

The Somerville Council on Aging is thrilled to announce the newest member to our LGBT Advisory Board, Ms. Courtney O'Keefe. Courtney, an active community member and former Ward 5 Alderman, joined the Advisory Board and attended her first meeting in April. "We are looking for new members, especially representation from the Gay community. The women definitely outnumber the men." said Maureen Bastardi, Outreach Worker and Liaison to the LGBT Advisory Board.

**LGBT Dinner & Movie** – There will be **no Dinner and Movie event in May** due to an unavoidable scheduling conflict. **Dinner and Movie will resume on Monday, June 15th.**

\*If you have any questions regarding LGBT programming at the Somerville Council on Aging, please contact Maureen Bastardi at 617-625-6600 Ext. 2316 or email her at [MBastardi@Somervillema.gov](mailto:MBastardi@Somervillema.gov)

## Spotlight on...

### Winter Hill Yacht Club



*From left to right: WHYC members Anna Rebelo, Vice Commodore Chuck Roche, Rob Rebelo, Richard Clark, Mayor Joe Curtatone, Bob Finos, Commodore Joe Dunne, Billy Tauro and Somerville Lion Vivaldo Meneses Jr.*

We are so fortunate to have such great partners at the Winter Hill Yacht Club!

They are always so generous with the use of their beautiful function hall along the water—and we know that their members are also very good cooks! They make a mean corned beef and cabbage! Come to think of it, their meatballs and sauce are pretty delicious as well. The members who make the food work so well together, and let's not forget that all of their time is donated!

Our larger holiday celebrations for Valentine's Day and St. Patrick's Day get better every year. Once again this month, we are fortunate that they have allowed us to use the WHYC for our special Older Americans Month celebration. I am certain that everyone there will make sure that not only do we have what we need but also that everyone who attends leaves with a smile on their face. Thank you!

### Somerville Council on Aging

Somerville Community Service Center

167 Holland St.

Somerville, MA 02144

617-625-6600 ext. 2300

[WWW.SOMERVILLEMA.GOV/DEPARTMENTS/COUNCIL-ON-AGING](http://WWW.SOMERVILLEMA.GOV/DEPARTMENTS/COUNCIL-ON-AGING)

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